

What the curse cost her

Genesis 3:1-24

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does God say will now happen between the man and the woman, and is that a description or a command?

2. What does it show me about people — and about myself?

What in your community is defended as God's order that this passage actually names as the damage?

3. What will I obey this week? (a concrete step, with a day)

What will you refuse to accept as normal this week?

4. Who will I tell?

Who has been told the curse was the design, who could hear this?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, so much of what women carry began here, and it was never your design. Show us what is curse and what is your will, and let us not defend the one as if it were the other.



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